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# Food and Home Notes

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Sweetpotatoes should not be stored in the refrigerator, according to USDA home economists. Decay is a problem with sweetpotatoes — avoid ones with worm holes, grub injury, or any other defects. Even if you cut away the discolored area the remainder of the potato may have a bad taste.

\* \* \*

Rhubarb is not a fruit, but a vegetable—a highly specialized one. It's used like a fruit in sweetened sauces and pies. It's usually in limited supply.

\* \* \*

If you "think thrifty" you'll find cheese wedges are generally less expensive than cheese purchased sliced, cubed, or grated. You can slice, cube, or grate the cheese yourself.

\* \* \*

Did you know that processed cheese is a better buy in food value than processed cheese spread — but usually sells for the same price.

\* \* \*

Don't feel if "some is good, more is better". Too much tenderizer may make meat mushy or crumbly, mealy and dry.

## APPLE ANYONE ?

An apple a day keeps the Doctor away...or so the story goes. And we used to believe it because twenty-five years ago, 70 percent of the apples we consumed were fresh ones — just the way they came off the tree. Last year, however, only 56% of the apples were consumed that way.

Today we're eating more apple-sauce... more apple juice (canned) and more frozen apple slices. Since 1960, the applesauce pack has increased at a rate of 160,000 cases a year (on the average). Canned apple juice use has also increased from a little over 6 million cases to almost 15 million cases in 1974.

Frozen apple slices has also been on the rise — since 1960, the pack has grown at an average annual rate of 4.6 million pounds. Most of the frozen ones have been used in bakery items.

Part of the answer to the change in consumption patterns has to do with our new lifestyles — we eat more food from the fast food operations, hence more processed apples in the form of tarts and turnovers. Also — technology has a hand in boosting apple processing — and the quality has improved.



## ALMOST ALL YOU NEED TO KNOW ABOUT——

Fresh grapefruit —— white, red, pink, seedless, and seeded —— are now in the market —— and coming in greater numbers according to marketing specialists at the U.S. Department of Agriculture. The forecast, by USDA's Agricultural Marketing Service is for a 1975 - 76 grapefruit crop of 69.8 million boxes, 14 percent above last season.

This will also mean an even larger supply of frozen concentrated grapefruit juice and grapefruit sections.

According to legend, the grapefruit was first called the "Forbidden Fruit," and it is presumed to have originated in the West Indies. Tracing back, the word "grapefruit" apparently was first used about 1814 in a book on the horticulture of Jamaica. It was then described as "a fruit not larger than a good orange which is borne in bunches like grapes".

Florida claims to have grown its first grapefruit about 1825 —— also claims the start of the commercial grapefruit industry was in Florida. Sales were first made entirely to tourists and shipments were sent North. But, the earlier grapefruits were very seedy.

Grapefruit is picked tree ripe and is ready to eat on purchase. Look for firm, well-shaped fruits. The thin-skinned fruits have more juice than the coarse-skinned ones. If a grapefruit is pointed at stem end, it is likely to be thick-skinned. Rough, ridged or wrinkled skin can be an identification of thick skin, pulpiness, and lack of juice.

Skin defects on grapefruit —— scales, scars, thorn scratches, or discoloration——seldom effects eating quality. But —— avoid grapefruit with such signs of decay as soft and discolored areas on the peel at stem end, water soaked areas, loss of bright color, and soft and tender peel that breaks with finger pressure.

## GRAPEFRUIT

### ...on production

Fresh grapefruit is marketed in all seasons, but the peak months are in the first quarter of the year. Florida's grapefruit crop is forecast at an all-time high — and Texas expects production to be 51% larger than last year's crop. The trend in growing grapefruits is toward production of the seedless grapefruit. Most grapefruit is grown at comparatively low altitudes...In the United States, commercial grapefruit production is confined to Florida, California, Texas and Arizona.



### ...on consumption

Per capita consumption of fresh grapefruit in 1974 was 8.3 pounds — and in 1975 the preliminary figures are about 8-1/2 pounds. Grapefruit is among the top 10 produce items in dollar sales and tonnage according to commercial figures.

### ...on freezing grapefruit

Interested in freezing grapefruit? That's easy — Sections or slices of grapefruit may be washed and peeled and divided into sections, removing all membranes and seeds. Pack fruit into containers. Cover with cold 40% sirup made with excess fruit juice and water if needed. Add 1/2 teaspoon crystalline ascorbic acid to a quart of sirup. Leave head space 1-1/2 inches, seal and freeze.

### ... on freezing juice

For grapefruit juice select good fruit, squeeze and sweeten with 2 tablespoons sugar for each quart of juice, or pack without sugar. For better quality, add 3/4th crystalline ascorbic acid for each gallon of juice. Pour juice into containers immediately. Pack in glass jars or citrus-enamel tin cans, if available to avoid development of off-flavors. Leave head space and freeze.





## COST OF FOOD AT HOME FOR A WEEK (November)

	<u>Low-Cost Plan</u>	<u>Moderate-Cost Plan</u>	<u>Liberal Plan</u>
Families			
Young couple.....	\$29.40	\$36.80	\$44.40
Elderly couple.....	26.00	32.20	38.70
Family of 4 with preschool children.....	41.20	51.50	61.90
Family of 4 with elementary school children.....	49.80	62.60	75.30
Individuals*			
Women			
20-54 years.....	11.90	14.80	17.80
55 years and over.....	10.60	13.10	15.70
Men			
20-54 years.....	14.80	18.70	22.60
55 years and over.....	13.00	16.20	19.50
Children			
1-2 years.....	6.60	8.20	9.70
3-5 years.....	7.90	9.80	11.80
6-8 years.....	10.30	12.90	15.50
9-11 years.....	12.80	16.20	19.40
Girls 12-19 years.....	12.20	15.20	18.20
Boys 12-14 years.....	13.70	17.20	20.70
15-19 years.....	15.20	19.10	23.00

\* Food cost for any family can be figured by totaling costs shown in table for individuals of sex and age of various members of the family as follows:

- o For those eating all meals at home (or carrying some meals from home), use amounts shown.
- o For those eating some meals out, deduct 5 percent from amount in table for each meal not eaten at home. Thus, for a person eating lunch out 5 days a week, subtract 25 percent or one-fourth the cost shown.
- o For guests, include for each meal eaten, 5 percent of amount shown in table for the proper age group.

Next, adjust the total figure if more or fewer than four people generally eat at the family table. Costs shown are for individuals in 4-person families. Adjustment is necessary because larger families tend to buy and use foods more economically than smaller ones. Thus, for a 1-person family, add 20 percent; 2 persons, add 10 percent; 3, add 5 percent; 4, use as is; 5 or 6, subtract 5 percent; 7 or more, subtract 10 percent.

Note: Single copies of a paper describing the 1974 USDA food plans, on which these costs are based, are available from the Consumer and Food Economics Institute, Agricultural Research Service, USDA, Hyattsville, Md. 20782.

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